

21 Forever

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - September 2023
音樂: 21 Forever (feat. Dolly Parton & Slash) - Chris Janson : (Amazon & iTunes)



Intro: 16 counts from start of main beat (27 secs)

NOTE: This dance is choreographed to the first 3 minutes 26 seconds of the track, where the vocals finish and the rest of the track is mainly instrumental. At the end of the dance, please fade and stop the music at (3:26). Contact Gary or Maggie if you require a shortened version of the track.

S1: SIDE/Drag, BEHIND ¼ STEP/SWEEP, CROSS SIDE BACK/SWEEP, BEHIND SIDE, CROSS ROCK, SIDE CROSS

1 Long step on right to right side dragging left to meet right
2&3 Cross left behind right, ¼ right stepping forward on right, Step forward on left sweeping right from back to front [3:00]
4&5 Cross right over left, Step left to left side, Step back on right sweeping left from front to back
6&7& Cross left behind right, Step right to right side, Cross rock left over right, Recover on right
8& Step left to left side, Cross right over left

S2: L BASIC, R BASIC, ¼ WALK, WALK, STEP, ¼ PIVOT, CROSS, ¼

1-2& Long step on left to left side dragging right to meet left, Cross rock right behind left, Recover on left
3-4& Long step on right to right side dragging left to meet right, Cross rock left behind right, Recover on right
5-6 ¼ left walking forward on left, Walk forward on right [12:00]
7& Step forward on left, Pivot ¼ right [3:00]
8& Cross left over right, ¼ left stepping back on right [12:00]

S3: ¼ SIDE, TOUCH, ¼, ½ BACK, BACK, CROSS, SIDE ROCK CROSS, BACK SIDE FORWARD

1-2 ¼ left stepping left to left side dragging right towards left, Touch right next to left [9:00]
3 ¼ right stepping forward on right [12:00]
4&5 ½ right stepping back on left [6:00], Step back on right, Cross left over right angling body towards [7:30]
6&7 Rock right to right side straightening to [6:00], Recover on left, Cross right over left
&8& Step back on left, Step right to right side, Step forward on left [6:00]

S4: WALK, TRIPLE FULL TURN R, ROCK RECOVER, BACK/SWEEP, L SAILOR, TOUCH POINT TOUCH

1 Walk forward on right
2&3 ½ right stepping back on left, ½ right stepping forward on right, Step slightly forward on left [6:00]

*easier alternative for counts 2&3: shuffle forward LRL

4&5 Rock forward on right, Recover on left (*R), Step back on right sweeping left from front to back
6&7 Step left behind right, Step right to right side, Take slightly longer step on left to left side
&8& Touch right toe next to left, Point right toe out to right side, Touch right toe next to left [6:00]

*RESTART: Dance 28& counts of Wall 4, then restart the dance facing [12:00]

ENDING: Dance 3 counts of Wall 7, then cross right over left and unwind 1¼ left to finish facing [12:00]
Fade music at (3:25)

Contact: Gary O'Reilly - oreillygaryone@gmail.com - +353857819808

<https://www.facebook.com/gary.reilly.104> - www.thelifeoreillydance.com

Maggie Gallagher - +44 7950291350

www.facebook.com/maggiegchoreographer - www.maggieg.co.uk
